Guidelines for OVHA Coverage

ITEM: CONTINUOUS PASSIVE MOTION DEVICE (CPM)

DEFINITION: A device that passively moves an injured joint through a prescribed arc of motion. It is typically used post operatively with the intent of increasing range of motion and decreasing pain, edema, and development of scar tissue/adhesions.

GUIDELINES:
A literature search reveals equivocal findings regarding the efficacy of passive motion devices. There is evidence to support the initial use of CPM devices in reducing the length of hospital stays, for early movement of the joint and to decrease in pain and the need for pain medication. Long term benefits of CPM use in terms of the end result for range of motion are far less clear. The devices are used frequently for individuals with arthroplasties and other surgeries involving intra-articular fractures and tears.

Use of a CPM device is of benefit for those individuals who:

- Are immediately post operative, or within the first three weeks of post operative rehabilitation for intra-articular surgery AND
- Who have documented tendency for significant scar formation or have had surgery on a joint well known to have problems with scar formation and adhesions postoperatively (for example, the knee and the shoulder) AND
- Who have significant, documented issues with pain management AND/OR
- Who have precautions prohibiting active motion of the joint postoperatively.

APPLICABLE CODES:
E0935 Continuous passive motion exercise device 3 month rental limit

CAUTIONS: Individuals who do not have precautions against active movement sometimes use the CPM device inappropriately, as a way of avoiding active motion due to fear of pain. Care should be taken that the individual understands the rationale for the use of passive and active motions.

EXAMPLES OF DIAGNOSES: Rheumatoid arthritis, osteoarthritis, traumatic intra-articular damage to joint structures.

REQUIRED DOCUMENTATION: Current, completed Certificate of Medical Necessity which includes applicable diagnosis and date of surgery/injury; documentation of movement precautions; documentation of past history of excessive scar formation/adhesions and/or pain management issues.

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Medical Director's signature:_____

OVHA Director's signature:_____

Date:
Revision 1:
Revision 2:
Revision 3: